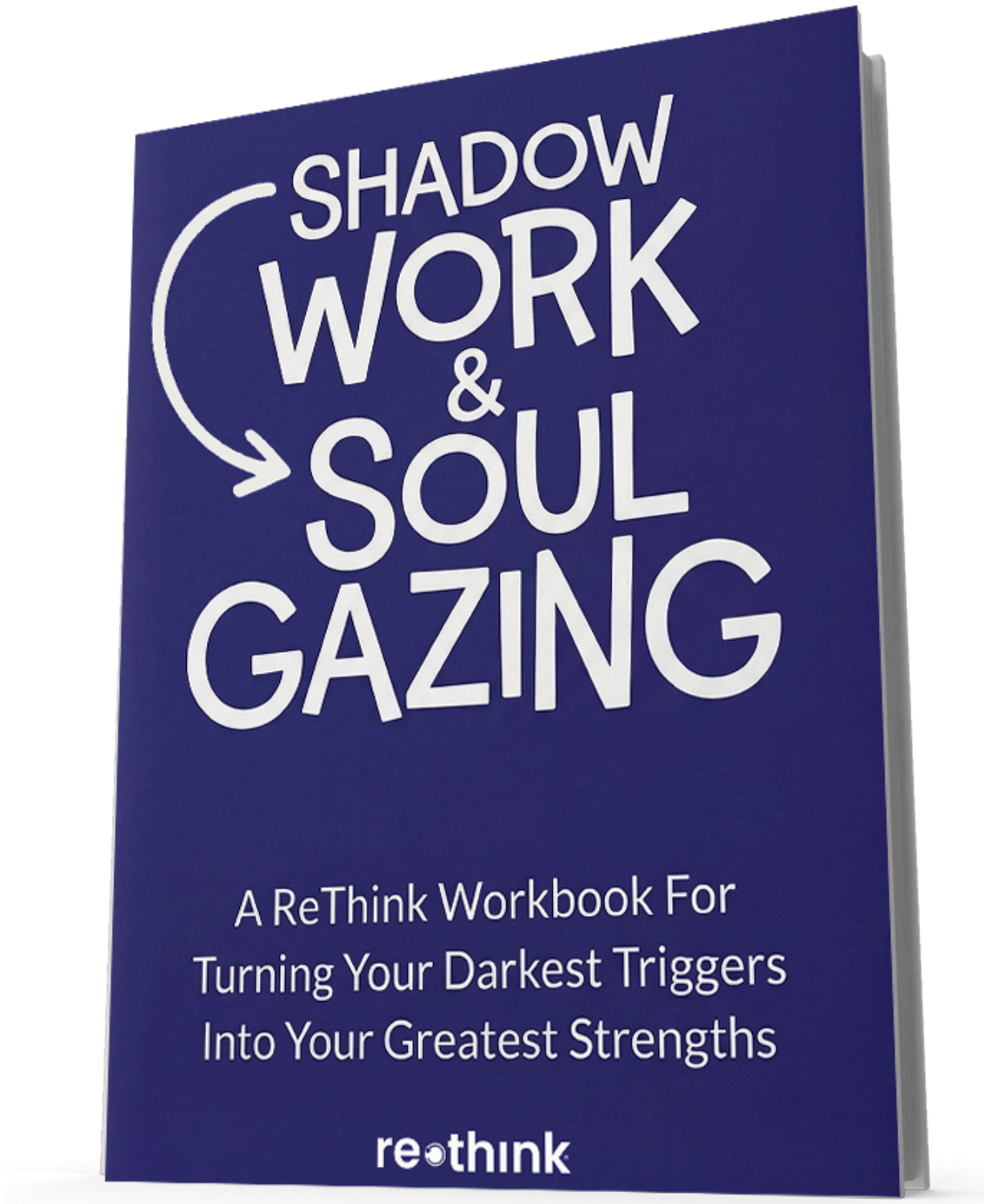

SHADOW
WORK
&
SOUL
GAZING
A ReThink Workbook For
Turning Your Darkest Triggers
Into Your Greatest Strengths
rethink

Shadow Work & Soul Gazing

A ReThink Workbook for Turning Your Darkest Triggers into Your Greatest Strengths

The Treasure in the Dark

We all have parts of ourselves that we hide. Growing up, we quickly learn which of our traits earn us love and praise, and which ones get us rejected, shamed, or told we are "too much."

So, we take those unacceptable parts—our anger, our deep desires, our messiness, our fierce independence—and we shove them into the dark basement of our subconscious. In psychology, this is called the **Shadow**.

For years, you might successfully keep the basement door locked. You present the "perfect," acceptable version of yourself to the world. But the Shadow doesn't stay quiet. It leaks out in the form of intense triggers, irrational judgments of others, and self-sabotaging behavior.

Here is the **ReThink**: Your Shadow isn't evil. It is just in exile.

Today, we are going to do a little **Soul Gazing**. We are going to stop running from the dark and start looking closely at what is hidden there. Because the truth is, the basement doesn't just hold your shame—it holds your unexpressed power. Your deepest triggers are actually treasure maps pointing directly to your greatest strengths.

Part 1: The Anatomy of a Trigger

When someone triggers a massive emotional reaction in you—whether it's rage, deep insecurity, or intense judgment—it is rarely about *them*. It is a mirror reflecting your Shadow.

Usually, we are triggered by one of two things:

1. **The Repressed Self:** We judge people who freely express the traits we have forbidden ourselves from having (e.g., the chronic people-pleaser intensely judging someone who is unapologetically "selfish" and boundaried).
2. **The Wounded Self:** We react explosively when someone pokes a bruise we are pretending isn't there.

To integrate the Shadow, we must build the **Emotional Fitness** to look in the mirror without blinking.

Part 2: The ReThink Workbook

Grab a pen. It is time to turn on the light in the basement.

ReThink Exercise 1: The Trigger Tracker

Triggers are the breadcrumbs leading to your Shadow.

Think of a recent time you felt intensely triggered, annoyed, or judgmental toward someone else. What exactly did they do, and what label did you put on them?

The Situation/Person:

The Label I gave them (e.g., "They are so arrogant," "They are too needy"):

ReThink Exercise 2: The Mirror Effect

Flipping the spotlight from them to you.

Look at the label you wrote above. How does this trait exist inside of *you*? In what ways do you secretly desire to have a little more of that trait, or in what ways are you terrified of being seen that way?

My ReThink Reflection:

ReThink Exercise 3: Meeting the Exile

Understanding the protective nature of the Shadow.

When did you first learn that it was "unsafe" to express the trait you identified above? Who taught you that you had to hide that part of yourself to be loved?

The origin of this Shadow part:

ReThink Exercise 4: The Dialectical Embrace

Using the Power of AND to invite the Shadow back in.

You do not have to be perfect to be whole. Use **Dialectical Thinking** to hold space for your light and your dark simultaneously.

My ReThink Anchor: *"I can be a kind, loving person, **AND** I can still possess a fierce, unapologetic edge."* **Write your own "Power of AND" statement for your Shadow trait:**

ReThink Exercise 5: Reclaiming the Gold

The Shadow always contains hidden power.

If you brought this repressed trait out of the basement and used it consciously, how could it become a superpower? (For example, transforming repressed "anger" into "passionate boundary-setting," or repressed "selfishness" into "radical self-care.")

The "Gold" hidden in this trigger is:

One way I will consciously use this strength this week:

Outro: Wholeness Over Perfection

Society tells us to strive for perfection, but the soul craves wholeness.

When you stop fighting your Shadow and start **Soul Gazing**, you reclaim the vast amounts of energy you were using to keep the basement door shut. You become less easily triggered, less judgmental, and infinitely more authentic.

You are a beautiful, complex, multi-dimensional human being. Stop hiding your power in the dark. Bring it into the light, dust it off, and let it make you whole.

And as always, we want to remind you that we're all on this "AVAIYA Journey" together.

We're all life explorers here, but—we aren't always moving at the same speed. And you know what? That's completely okay.

At AVAIYA, we believe we're all on our own individual "AVAIYA Journey," yet we're traveling side-by-side.

You're gonna love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there're also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And hey, that's okay, too. Whenever you're finally ready, you just lace up your sneakers and walk the path—one step at a time—back toward your best life.

We'll Meet You Where You Are.

At **AVAIYA**, we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our [Deep-Dive Free Online Conferences] and other supportive materials to keep your tank full.



No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Keep ReThinking,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of **AVAIYA** University

